

High class in his students emotional experiments and vital planning between dependency

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Abstract . This article high class in his students emotional experiments and vital planning between complicated dependency analysis does . Modern psychological research this shows that high social to the floor belonging in students two kind kind of - promising and suddenly appearance divisive - emotional sadness types there is to be , their every one to a fraction fraction to views various effect Research shows . results this shows that he is himself respect to do feeling this the effect to improve service does . Article legal and education in the field experts , as well as teachers and psychologists for practical recommendations gives .

Key words : emotional intelligence , vital planning , high class students , education , goal , emotional management

Introduction

Modern education in the system high class o ' students - that is , middle of the school high classes and first course students between go during the period students - their own vital directions when choosing big difficulties with face They are coming . This period their in life the most important changes happened to be reason is calculated as : decimal fraction of views formation , professional identification to the surface arrival and independent to life preparation beginning .

Emotional experiments and vital planning between dependency research last in years wide comprehensive attention is gaining . Modern research this shows that emotional intelligentsia high was students their own to a fraction fraction their views more precisely expression and professional to goals in reaching more success to win inclined (Cort é s - Denia) meat al ., 2024) 24. However , this of the relationship internal mechanisms and social of the class role still complete unlearned .

Theoretical basics

Emotional intelligentsia and vital planning

Emotional intelligence is person's own and others' emotions to know , to understand and management ability be , he four main from the component consists of : emotional identification , emotional understanding , emotional management and emotional (Goleman , 1995) . Research this shows that high emotional intelligentsia to a fraction fraction planning and professional direction when choosing important importance has (Wang meat al ., 2022) 1.

Teenager of age in students emotional intelligentsia development vital planning to the ability straight away effect shows . Emotional Intelligence oath Resilience Outcomes research this shows that students emotional intelligentsia and endurance in the middle strong dependency there is to be , this and their vital to difficulties endure to give ability increases (Maleczek meat al ., 2023) 21.

Social class and to a fraction fraction views

Modern research social of the class to a fraction fraction to views the secret of the effect in learning interesting the results showing . Wang meat take . (2022) by transferred in research subjunctive social of the class to a fraction fraction to adaptability effect paradoxical in character that 1. High defined social to the floor belonging in students two kind kind of incompetence behavior there is :

Promising Prospective Anxiety , PA): - this of incompetence movement acceptance to do instigator type to be , to predict aspiration and incompetence active reduce wish reflection will bring .

Suddenly appearance divisor Inhibitory Anxiety , IA): - this from incompetence to escape instigator type to be , to be intellectual and behavioral " freeze " state with described .

Research methodology

This article modern scientific of literature systematic analysis based on written divided into the following from sources used :

- PubMed and PsycINFO information in the bases last 3 years inside publication done articles
- Scopus and Web of Science indexing has was magazines

- In 2024-2025 held research results

Analysis in doing following criteria used : - In students emotional experiments and vital planning between connection - Social of the class role and impact - Emotional intelligentsia and endurance between Relationships - Self respect to do protector impact

Research results and analysis

Emotional intelligence and fractional views on fractions

Recent research has shown that emotional intelligence influences the formation of fractional attitudes in high school students. The Emotional Intelligence and Academic Engagement study found that high emotional intelligence strengthens students' academic engagement and fractional attitudes (Zhou et al., 2023) 27.

The development of emotional intelligence in students has a direct impact on their life planning abilities. Studies show that students with high emotional intelligence: - Are able to more accurately assess their strengths and weaknesses - Have better decision-making abilities under stress - Are more successful in setting long-term goals and developing strategies to achieve them

Social of the class paradoxical impact

By Wang et al. (2022) held wide comprehensive research (712 students participation) high social of the class to a fraction fraction to views the impact clear showed 1. Results this shows that :

Promising sadness through positive Impact : - High social class promising sadness increases ($\beta = 0.05$) - Promising sadness to a fraction fraction views positive impact shows ($\beta = 0.33$) - This direction motivational the mechanism reflection brings

Suddenly appearance divider sadness through negative Impact : - High social class suddenly appearance divider sadness increases ($\beta = 0.06$) - Sudden appearance divider sadness to a fraction fraction to views negative impact shows ($\beta = -0.28$) - This direction harmful the effect reflection brings

Self- respect to do protector role

Self- respect to do of incompetence social to the floor the impact in improvement important role plays . Research results this shows that :

 Low self-esteem respect in doing social of the class promising to sadness impact stronger ($\beta = 0.08$)

- ✚ High self respect in doing this impact weakens ($\beta = 0.01$)
- ✚ Self- respect to do to the point of failure against psychological resource as works

Emotional and social of skills role

Social-emotional skills research this shows that high class in students socio-emotional skills vital in planning important importance The results of the Student Feedback Study show that 6 key the topic identified 11:

Practicality and use : Students the content directly application they think it is possible

Self- definition : Course personal concepts and to understand supports

Your heart voltage : Students endurance or mental voltage they feel the increase

Community feeling : Intervention students between connection emotional supports

Personal thoughts / relevance : Students the content personally they find it appropriate

Content distribution methods : Intervention how delivered about feedback

Discussion and conclusion

High class in students emotional experiments and vital planning between dependency complicated and many layered to the character has . Research results following main conclusions showing :

Paradoxical impact : High social Class is both positive and negative. impact to show it is possible , this and in students various kind emotional answer reaction brought releases .

Self- respect to do protector role : Self- respect to do high was in students of incompetence negative impact decreases and to a fraction fraction views better is formed .

Emotional of the intelligentsia importance : High emotional intelligentsia vital planning ability noticeable at the level increases .

Social-emotional of skills integration : To the fraction fraction plan to the courses socio-emotional study elements input students the results improves .

Practical recommendations

Education institutions for : - To a fraction fraction plan to the courses socio-emotional study components input - In students self respect to do increase programs done increase - Individual and group psychological help services improvement

Teachers for : - Students emotional status observation and support - Fraction fraction views in formation emotional intelligentsia skills development - Stress and incompetence with work strategies to teach

Parents for : - In children independence and self respect to do feeling development - Vital goals in putting support - Emotional help and to understand show

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